

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

Phone: 540-981-2350 Fax: 540-981-2353

BREAKFAST AND AFTERNOON SNACK MENUS

OCTOBER 2020

Cereal, milk, whole wheat toast is available as substitutes for AM Breakfast

Serving with every meal: 100 percent juices: Orange, Grape, Apple

Drinks: Skim Milk, Coffee and

Whole Grain Bread

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM: Assorted Juices, Hard Boiled Eggs, WGB PM: PBJ sandwiches WGB	2 AM: Assorted Juices, Sausage Gravy and Biscuits WGB PM: Animal crackers WGB
3 & 4 Closed	5 AM: Assorted Juices, Cheese Toast WGB PM: Gold fish crackers, WGB	6 AM: Assorted Juices, Scrambled Eggs, WGB PM: Apple Sauce WGB	7 AM: Assorted Juices, Pancakes, WGB PM: Animal crackers WGB	8 AM: Assorted Juices, Jelly Biscuits WGB PM: Popsicles WGB	9 AM: Assorted juices, Cheerios WGB PM: Gold fish crackers WGB
10&11 Closed	12 AM: Assorted Juices, Cheerios, WGB PM: Cheese crackers WGB	13 AM: Assorted Juices, French toast WGB PM: Gold fish crackers WGB	14 AM: Assorted Juices, Hard Boiled Eggs WGB PM: PBJ sandwich WGB	15 AM: Assorted Juices, Cheese Toast WGB PM: Cookies WGB	16 AM: Assorted Juices, Cheerios WGB PM: Yogurt WGB

<p>17&18 Closed</p>	<p>19 AM: Assorted juices, Cheerios WGB</p> <p>PM: Animal crackers WGB</p>	<p>20 AM: Assorted Juices, Pancakes WGB</p> <p>PM: Cookies WGB</p>	<p>21 AM: Assorted Juices, Sausage Gravy & Biscuits WGB</p> <p>PM: Cheese crackers WGB</p>	<p>22 AM: Assorted Juices, Scrambled Eggs WGB</p> <p>PM: Popsicles WGB</p>	<p>23 AM: Assorted Juices, Waffles WGB</p> <p>PM: Gold Fish crackers WGB</p>
<p>24&25 Closed</p>	<p>26 AM: Assorted Juices, Jelly Biscuits WGB</p> <p>PM: PBJ sandwiches WGB</p>	<p>27 AM: Assorted Juices, Cheerios WGB</p> <p>PM: Cookies WGB</p>	<p>28 AM: Assorted Juices, French Toast WGB</p> <p>PM: Gold fish crackers WGB</p>	<p>29 AM: Assorted Juices, Cheese Toast WGB</p> <p>PM: Cheese crackers WGB</p>	<p>30 AM: Assorted Juices, Pancakes WGB</p> <p>PM: Cookies WGB</p>